

# GASTROENTERITIS

## Diet and Treatment Advice

for patients with acute nausea, vomiting and/or diarrhea

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1 Use medication *only* if, and as, prescribed by your clinician.

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2 Take only plain water

consomme	apple juice
clear broth	uncaffeinated sodas (let carbonation escape, if vomiting)
bouillon	jello
miso soup	popsicles
herb tea	Gatorade®
	Pedialyte®

Do not take anything by mouth within 1 hour after vomiting.

At first these should only be taken two tablespoons (1 ounce) at a time, 2 or 3 times per hour. The amount and frequency may increase as tolerated, to as much as 2 ounces every 10 minutes.

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3 When full hunger returns, and if diarrhea and/or vomiting are improving, any of the following may also be taken in small portions, frequently:

dry toast	salted soda crackers
boiled rice	Melba toast
Cream of Wheat	apple sauce
noodles	bananas
boiled/baked potato	soup diluted with water, not milk

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4 If foods in 3 are tolerated for 24 hours, a diet may be consumed that is void of:

fatty foods  
dairy products  
alcohol  
caffeine

This restriction should be maintained for at least one week after diarrhea/vomiting have resolved.

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5 Prompt re-evaluation should be made if any of the following occurs or continues:

- persistent vomiting
- persistent diarrhea, bloody stools, black/tarry stools
- steady, persistent, or increased abdominal pain/cramping
- definite abdominal tenderness with coughing, sneezing or straining
- fever over 100F
- marked weakness, or dizziness

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Check our website: [www.uhs.berkeley.edu](http://www.uhs.berkeley.edu) to learn more about this medical concern or others.

For an appointment [www.uhs.berkeley.edu](http://www.uhs.berkeley.edu) or call **510-642-2000**

Clinic Nurse **510-643-7197** for advice